



CIGNA Well Aware for Better Health®

Chronic Condition Support

make a *personal* commitment to your health

low back pain

Get help to manage your low back pain.

When you have low back pain, it can make you miss out on what you enjoy the most. Now you have a personalized program to help you manage your low back pain – CIGNA Well Aware for Better Health® for low back pain.

What is CIGNA Well Aware for Better Health® for low back pain?

- A confidential, free program that provides personalized support and information for people with low back pain.

How does Well Aware help me manage my low back pain?

- Teaches you about simple lifestyle changes that can ease your symptoms and strengthen your back.
- Teaches you alternative ways to sit, stand, and sleep that will help ease your pain.
- Helps you discover how exercise and diet can reduce the severity of your low back pain.
- Helps you learn about medications your doctor may prescribe.
- Helps you learn different ways to reduce your pain without taking aspirin or other medication.

What resources do I get with Well Aware for low back pain?

- Access by phone to nurses who specialize in low back pain, 24 hours a day, 7 days a week.
- Personalized plan designed to help you improve your health.
- Information about self-care.
- Other mailed materials based on your discussions with the nurse.

Where can I get more information about Well Aware for low back pain?

- Call the Well Aware team at our toll free number, **1.866.797.5833**.
- Visit our website at **www.CIGNA.com/betterhealth**.
- Call your health plan's member services number for questions about your benefit plan.



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